



Fort Sam Houston

News Leader



Vol. 38, No. 47

Fort Sam Houston – Home of Army Medicine

Nov. 22, 2006

Briefs . . .

Personnel, ID sections closure

The Personnel Processing Section in Building 367 and ID Card Sections in Buildings 367 and 1290 will be closed to the public Thursday and Friday. The sections will reopen Monday at 7:30 a.m.

Fort Sam Houston Museum closure

The Fort Sam Houston Museum will close Thursday, but will be open Friday, Saturday and Sunday.

Legal assistance office closures

The Fort Sam Houston Legal Assistance Office, located in Building 134, 1306 Stanley Road, and the Claims Division, located in Building 153, will be closed Friday. The offices will reopen Monday at regular duty hours. For emergencies, call the on-call officer at 393-3042. For more information, call the Legal Assistance Division at 221-2282 or 221-2353.

Newcomers' Extravaganza

Newcomers' Extravaganza is Tuesday from 9:30 to 11 a.m. at the Sam Houston Club. Attendance is mandatory for all permanent party military members E-1 through O-6 within 60 days of arrival to Fort Sam Houston. For more information, call Alicia Tyson at 221-2705 or 221-2418.

Catering extended to Roadrunner

People can make reservations to use the Army Community Service facility for special events and unit functions beginning Dec. 1 through the Sam Houston Club's catering office. Reservations will be accepted for the facility's main auditorium and two adjacent meeting rooms. Catering service fees may apply. For more information, call 224-2721.

Pony Express Christmas Courier

The Pony Express Christmas Courier Run Grand Finale will be held Dec. 2 from 1 to 5 p.m. at MacArthur Parade Field. The holiday fair will include a variety of vendors and special displays, and the program will feature numerous performances, to include Escaramuza Roasas de Castilla, a bareback equestrienne drill; Bexar County Buffalo Soldiers; music from the U.S. Army Medical Command Band; and a Native American dance. The highlight of the event will be the arrival of the Pony Express Christmas Couriers from their seven-county run. The event is free and open to the public.

U.S. Army North to change command

Maj. Gen. Thomas Turner will assume command of U.S. Army North from Lt. Gen. Robert Clark Dec. 4 at 10 a.m. during a ceremony in the Quadrangle. Turner, currently the 101st Airborne Division (Air Assault), and Fort Campbell, Ky., commanding general, will pin on his third star in a ceremony prior to the change of command. Clark will retire after more than 36 years of service.

Tracks close for repair

The MacArthur running track will be closed for repairs Dec. 6 through Feb. 23. The Hacienda track will be closed for reconstruction Monday through Feb. 23. Closure dates may vary; check the News Leader for updates.

2006 Holiday Ball

The Fort Sam Houston 2006 Holiday Ball will be held Dec. 8 from 6 p.m. to 12 a.m. at the Sam Houston Club. Dress is formal attire. Tickets are \$25. For more information or tickets, visit <https://www.cs.amedd.army.mil>.

SFAC Soldiers saddle up for mini-rodeo

Story and photo by Esther Garcia
Fort Sam Houston Public Affairs Office

Volunteers and staff members from the Fort Sam Houston Equestrian Center joined forces with members of Team Bank of America Saturday to host a mini-rodeo for service members and their families from the Soldier and Family Assistance Center.

Irene Presas and Spencer Stubbs, members of the Bexar County Sheriff's Office, posted the colors that officially began the day's activities followed by the national anthem sung by Elizabeth Ruiz, KTSA radio newscaster.

Team Bank of America members cooked hot dogs, hamburgers and had plenty of desserts for the cowboys and cowgirls.

"We are doing this for the Soldiers. We appreciate everything they've done for our freedom," said Lupe Cevallos, who manages the cash vault for Bank of America.

Adults and children participated in a variety of events that included horse rides, barrel racing, stick horse racing for children, pole bending, egg-and-spoon racing and race for the stars, a game where stars were placed along a fence and the riders were required to pick up them. The rider who picked up the most stars won in that category.

Laura Buchanan, who boards her horse at the Fort Sam Houston stables, was a volunteer for the "Horses for Heroes" activities. "This is a good way to share our expertise and love for the horses. And it's fun to share with the families an activity they can enjoy together."

The Tailpipes, a local group, performed musical hits from the 50s and 60s era such as "Mustang Sally."

"This is so little for us to give something back for the troops," said Sam Presa, Bexar County Sheriff's officer, who assisted with the posting of the colors.

Capt. Scott Leifker, who is receiving treatment at Brooke Army Medical Center for wounds he received in Iraq, is no stranger to horses. "I had an uncle who owned horses and now that I know where this place is, I plan to return for more riding," Leifker said.

"It is very rewarding to see the Soldiers happy; now they know where it is, and they will come back again to ride," said Buchanan.

The Fort Sam Houston Equestrian Center offers a variety of activities for patrons of all ages and skill levels.



First Sgt. Dan Robles, a double amputee, enjoys a horse ride at the Fort Sam Houston riding stables during the "Horses for Heroes" picnic Sunday as Ron Golinski keeps a close watch. Golinski, who boards his horse at the stables, volunteered to help out with the event that offered a variety of activities for Soldiers and their families from the Soldier and Family Assistance Center.

The center offers pony rides for children ages 6 and under and one hour trail rides Saturdays and Sundays. Patrons ages 7 and older are welcome; however, adults must accompany children under age 13. Reservations are required and may be made in person or by phone.

The Equestrian Center hosts special events such as summer and spring break youth camps, horse shows and a 4-H Club. The center's spacious covered deck, complete with lights, is available for birthday or organizational day celebrations. For more information regarding costs and fees, call 224-7207 or visit the Fort Sam Houston Equestrian Center Web site at <http://www.portsam-houstonmwr.com/rfd/equestriancenter/default.asp>.

See **MINI-RODEO** on Page 4

Country superstar 'hooks up' wounded warriors

By Elaine Wilson
Fort Sam Houston Public Information Office

SAN ANTONIO — Country music superstar Toby Keith rocked the stage, and a few Soldiers' world, at a private concert Sunday for 14,000 Texas Ford truck owners and about 500 service members at the AT&T Center in downtown San Antonio.

The military invite was courtesy of Ford Motor Company and Texas Ford dealers, sponsors of the free concert, "Toby Keith's Hookin' Up and Hangin' Out Tour."

"We do that everywhere we go," said Keith, referring to the military "hook up." "If there are tickets available, we try to make sure the military is taken care of."

Along with the tickets, a handful of wounded warriors and Soldiers from Fort Sam Houston were invited to a private "meet and greet" backstage where they exchanged a few words and posed for a picture with the multi-platinum singer-songwriter.

"It's pretty cool," said wounded warrior Sgt. 1st Class Anthony Cerniglia, while waiting on line to meet Keith. "He's probably one of the biggest public supporters of the military. We appreciate him letting the Soldiers participate."

See **COUNTRY SUPERSTAR** on Page 5



Photo by Cheryl Harrison

Country music superstar Toby Keith greets Capt. Scott Leifker, a wounded warrior recovering at Brooke Army Medical Center, Sunday during a private pre-concert "meet and greet" at the AT&T Center in San Antonio. Leifker was one of 500 Soldiers who received tickets to the free concert for 14,000 Texas Ford truck owners.

Commander emphasizes safety throughout holiday season

By Maj. Gen. Russell J. Czerw
Commander, Fort Sam Houston and AMEDDC&S

The Thanksgiving season is the traditional beginning of a holiday period that extends through the end of the year. Our Soldiers, Department of the Army civilians and their families will take well-deserved time off to recognize, each in their own way, this time of celebration and give thanks. It is my sincere hope that all in our families have a joyous and fulfilling Thanksgiving and all take special care to remain safe throughout this holiday period.

Vehicle accidents remain the leading cause of accidental death across the command. Increased travel places all

in potentially more dangerous conditions and is an area you can implement measures to mitigate the risk. Ensure Soldiers complete privately owned vehicle risk assessments utilizing the Army Safety Management Information System 2, located at the Combat Readiness Center Web site – <http://crc.army.mil>. Conduct vehicle inspections. Stress the importance of advance trip planning. The dangers of alcohol and drug abuse, speeding, driver fatigue and failure to use safety belts all should be part of your departure briefings.

Suicides also increase during this season; this is an area requiring special attention. Prevention requires that leaders be especially alert to intervene in time.

Fellow Soldiers and immediate supervisors are most likely to know and recognize when someone is struggling. They should be encouraged to seek assistance for those in trouble. Leaders should also emphasize sexual assault risks, prevention and response in their holiday safety briefings; guidance is available at www.sexualassault.army.mil.

With positive leadership, we can raise safety awareness and help safeguard our people. Ensure leaders and supervisors discuss seasonal hazards with every Soldier and civilian employee. Identify “at-risk” individuals and intervene with appropriate action. We can make a difference. Thanks for all you do!

Fort Sam Houston News Leader

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Library dedicated to Vietnam hero

Story and photos by Cheryl Harrison
Fort Sam Houston Public Information Office

A firefight in War Zone D, Vietnam, ended the life of Spc. Keith Campbell Feb. 8, 1967, but several generations later his name was unveiled on the Fort Sam Houston Library for his act of heroism.

Campbell and Spc. Ken Rypka, medics from Headquarters and Headquarters 1/503, voluntarily went to A Company to help with the wounded. Upon arrival, they saw a wounded Soldier in the open covered by the fire of an enemy sniper. To avoid further casualties it was necessary to eliminate the sniper and recover the wounded

troop. Rypka started to dash into the open to drag the man to safety but Campbell grabbed Rypka by the collar, pulled him down and said, "Stay here, you have a wife and a baby."

Campbell dashed through the fire, grabbed the Soldier and dragged him behind a tree. With the tree as protection for Spc. Edward Torres, Campbell quickly administered to his wounds, but was unable to protect himself from the sniper fire that killed him.

Campbell was awarded the Distinguished Service Cross for his valor, and Torres later recovered and survived his wounds. Torres' six children and nine grandchildren are living testament of laying one's life down for his brother.

On Tuesday, 39 years later, a crowd of more than 100 gathered at the steps of the Fort Sam Houston Library to dedicate it as the Specialist Four Keith A. Campbell Memorial Library.

"A library is a place for the community to congregate in a family environment for recreation and to learn. Today, it serves as a library soon to be situated in a complex of the largest medical training center in the Defense Department. Today, we are dedicating this building, our library, to one of our own, Alpha Company, 173rd Infantry Brigade," said Phil Reidinger, Fort Sam Houston public affairs officer.

Special guests for the dedication were Ester Gates, Campbell's mother, and his sister, Judy, nieces and nephews, to include 1-year-old twins, bearing a resemblance to the fallen hero. Also present were Rypka and Torres, the Soldiers whose lives Campbell saved.

Following the invocation by Chaplain (Lt. Col.) Roy Walker, Maj. Gen. Russell Czerw, commander, U.S. Army Medical Department Center and School and Fort Sam Houston, gave touching remarks, an insight into the life of Campbell.

"I was briefly talking to Mrs. Gates and she said, 'I hope I don't cry during this,' and I said I think Keith beat you to it, because as I was talking to her I felt a little mist and that mist is coming from Keith in pride that he has in sharing all this as he is watching over us," Czerw said.



Campbell's nephew, Keith Richard Campbell, mother Ester Gates and Maj. Gen. Russell Czerw unveil the plaque dedicating the Fort Sam Houston Library as the Specialist Four Keith A. Campbell Memorial Library during a ceremony held Nov. 9. The plaque hangs on the wall outside the library's entrance. Sgt. 1st Class Rodney Philpot (left), an escort for the family, stands at attention during the ceremony.

"We are proudly honoring one of our own, the Soldier who was committed to saving others and put himself behind his brothers, because he put his brother first. This morning is a happy rendezvous if you will, of history that makes his memory come alive. Keith is an American hero, not because of the way he died, but the way he lived his life.

"In dedicating this library, we honor Keith and in honoring Keith, we honor the best in our country and the best in ourselves. Perhaps Franklin Delano Roosevelt's dedication speech to the library bearing his name says it best.

"The dedication of a library is in itself an act of faith. To bring together the records of the past and to preserve them for the use of men and women living in the future, a nation must believe in three things: the past, the future, and, above all, in the capacity of its people. To learn from the past they can gain in the judgment for the creation for the future."

"To his family that loved him so deeply, I wish to express our gratitude for allowing us the honor and privilege to share our lives with Keith," concluded Czerw.

Gates, nephew Keith Richard Campbell and Czerw unveiled the dedication plaque. A reception followed inside the library where guests could view letters, awards and medals belonging to Campbell.

Gates' display of affection for her son's comrades was obvious as she took Rypka and Torres by the arm and said, "It's time to go inside. Enough of this glamour. It's time to feed my kids."



Emotions ran amok Nov. 7 during the renaming of the Fort Sam Houston Library, from pride to deep sorrow over the heroism of Spc. Keith A. Campbell, killed in Vietnam, while saving the lives of fellow Soldiers. William Watson Jr., a former member of the 503rd Infantry, dubbed the "herd" due to the close-knit relationship the comrades shared in combat, is comforted by Campbell's mother, Ester Gates, during the ceremony. Watson's devotion to Campbell is evident having traveled from Alaska specifically for the dedication.

Fort Sam EOD unit assumes authority in Iraq

Story and photo by Spc. James P. Hunter
Multi National Corps-Iraq Public Affairs

CAMP VICTORY, Iraq — The 79th Ordnance Battalion (Explosive Ordnance Disposal) from Fort Sam Houston replaced the 3rd Ordnance Battalion (EOD) Nov. 10 during a transfer of authority ceremony at the Al Faw Palace, Camp Victory, Iraq.

"To the members of the 79th Ordnance Battalion, I wish you the best of luck and God speed as you embark on what will be a challenging and difficult task," said Lt. Col. Douglas G. Chambers, commander, 3rd Ordnance Battalion. (EOD). "While the road to success may be littered with potholes and obstacles, I have no doubt that you will do great things while you are here. I know that once we leave and you take on the torch to continue to fight, you may find ways to do things better and improve upon what we've done."

Over the last year, the 3rd Ordnance Battalion supported Multi-National Division-North and Baghdad on about

11,000 response missions.

"Our outstanding complement of EOD Soldiers, Sailors and Airmen have safely responded to over 3,500 (improvised explosive devices) and disposed of over 3.5 million pieces of ordnance," said Chambers. "We took over 400,000 pounds of explosives out of the hands of insurgents."

The battalion performed more than 960 route clearance missions, clearing about 65,000 miles of land; and responded to over 605 incidents, finding nearly 314 IEDs.

The battalion returns to Fort Lewis, Wash., but before their departure, Chambers left the 79th with one piece of advice.

"If you ever feel like the work that you are doing isn't making a difference, and that it seems like you're fighting a losing battle, just remember that you are here for the EOD Soldier, Sailor and Airman on the ground," he said. "They are the tip of the spear in this conflict and are the ones who need your help to complete this difficult mission. What you do does matter in every way imaginable."

Lt. Col. Marue R. Quick and the 79th Ordnance Battalion troops take over as the main support effort of EOD teams throughout Baghdad.

"The Soldiers of the 79th Ordnance Battalion (EOD) are warriors," Quick said, "trained and ready to execute and support Air Force, Navy and Army elements and (Multi-National Division-Baghdad) counter-improvised explosive device efforts to defeat the network while supporting Iraqi security forces, C-IED and EOD capability development for a seamless transition to Iraqi forces and the government of Iraq."

This is the third deployment in support of the Global War on Terrorism for the 79th Ordnance Battalion (EOD), to include a rotation in Afghanistan.

"This is important, exciting and challenging work," Quick said. "We thank Lt. Col. Chambers and the Soldiers of the 3rd Ordnance Battalion for their absolutely magnificent work. We will continue your efforts into the future."



The 79th Ordnance Battalion (Explosive Ordnance Disposal) stand with their colors uncased, signifying their arrival in support of the war on terror Nov. 10 during a transfer of authority ceremony at the Al Faw Palace, Camp Victory, Iraq. The 79th replaced the 3rd Ordnance Battalion (EOD) as the main support effort of EOD teams throughout Iraq.

Retiring commander awards 12 Purple Hearts

By **Nelia Schrum**
Brooke Army Medical Center Public Affairs

A Purple Heart recipient from the Vietnam War, who is set to retire from active duty in two weeks, presented 12 Purple Heart medals Monday to wounded warriors recovering at Brooke Army Medical Center.

Lt. Gen. Robert Clark, the commander of U.S. Army North, joined BAMC Commander Brig. Gen. James Gilman, to present the Purple Heart medals as one of his final ceremonies during a career that spanned almost 37 years.

Gilman introduced Clark as person who had done everything in the Army calling him a “Soldier’s Soldier, a commander’s commander and warrior’s warrior.”

Clark said as an old Soldier, when he contrasts the Army today with the Army he started with, there are significant differences. He said as a young Soldier during the Vietnam conflict, wearing a uniform off post was not a smart thing to do. Today, Soldiers in uniform are well received and the Army is considered a magnificent institution, with positive expressions of support for the military.

“The attitude of the American people is far different today,” Clark said. “Go to any public place today in this country and you will find you can’t turn around without someone thanking you for your service. The American people realize what you are doing to contribute to the American defense.”

Telling the wounded that “your Army is deeply proud of you,” Clark said that the great doctors and nurses at BAMC are owed a debt of gratitude for the care of the wounded warriors. “There is no better place in all the earth than BAMC for taking care of the wounded.”

The general also credited the combat life saving training that is put into practice in the combat zone with saving lives.

“It is significant, not that you were wounded in action, but that you raised your right hand and took an oath to defend the Constitution knowing full well that this could happen to you,” Clark said. “Raising your right hand is an act of courage that makes you true American heroes.”

Clark urged recipients to wear the Purple Heart lapel pins with pride.

“The Purple Heart is instantly recognized around the world as a symbol of someone who is a courageous young U.S. military person.”

He also thanked the family members for their support of the injured Soldiers.

“I want to express my appreciation to each of you,” Clark said. “As you learned of the news that your service member was wounded there is a fair amount of emotions, hand wringing and angst when a military member is wounded.”



Photo by Kelly Schaefer

Twelve Purple Heart recipients joined Lt. Gen. Robert Clark, commander of U.S. Army North; Brig. Gen. James Gilman, commander, Brooke Army Medical Center; and Command Sgt. Maj. Craig Layton for a group photo following the Monday ceremony.

Sgt. 1st Class Bobby Ehrig, 33, a military police officer assigned to the 2-501st Military Police Company in Baumholder, Germany, was injured Aug. 21. During operations at an Iraqi Police Station, he was hit with a vehicle borne explosive device. From Fountain Hill, Penn., Ehrig sustained burn injuries over 45 percent of his body surface.

Sgt. 1st Class Anthony Cerniglia, 31, is a signal intelligence analyst assigned to 3rd Special Forces Group, Fort Bragg, N.C. He was injured while on patrol in Afghanistan Oct. 28 when his vehicle was hit by an explosive device. The Fairfax, Va., native suffered burns to his face, neck, hand and arm.

Staff Sgt. William Kleinedler, 41, is a civil affairs specialist assigned to 414th Civil Affairs Battalion. While conducting medical operations Oct. 17 near Tarmiyah, Iraq, his vehicle was hit by an explosive device. The Michigan native sustained burns to his head, face, neck, and both arms.

Staff Sgt. John Noel, 36, a combat engineer with the 40th Engineer Battalion, was injured July 8 while on a clearance patrol. His vehicle was hit by a blast. The Rockport, Texas, native sustained orthopedic injuries.

Sgt. Brian C. Fleming, 27, an infantryman assigned to the 10th Mountain Division, Fort Polk, La., sustained his injuries while on patrol July 24 when a suicide bomber hit his vehicle. Fleming, who hails from Michigan, sustained burn injuries.

Sgt. Eric Townsend, 27, is an infantryman assigned to the 3rd Infantry Division, Fort Stewart, Ga. He was injured July 27 while on a clearance patrol when his vehicle was hit by an improvised explosive device. He was thrown from the vehicle and struck by the next vehicle. From Abington, Va., he sustained fractures to multiple bones.

Spc. Andrew D. Dobson, 21, is an infantryman assigned to A Co, 2-30th Infantry Regiment, Fort Polk, La. He was injured Oct. 13 while serving as a turret gunner. His vehicle was hit by a vehicle borne improvised explosive device. The Marion, Ind., native sustained injuries to the left side of his head and neck. He continued firing his weapon then dismounted for first aid and then resumed security.

Spc. Matthew Donohue, 19, is an infantryman assigned to B Co, 1-180th Security Force, 41st BCT. The Portland, Ore., native was injured Aug. 17 while serving as a gunner when his vehicle was hit by a vehicle borne improvised explosive device. He suffered burns to the face and hands along with shrapnel wounds.

Spc. James Johnson, 37, is an artilleryman assigned to 4-27th Field Artillery, Baumholder, Germany. He was injured Sept. 14 during a guard change over from a vehicle borne blast that blew a barrier on top of him. From Kettering, Ohio, he sustained a fractured ankle burns to his legs.

Spc. Mehrob Makvandi, 21, is a medic, assigned to 172nd Stryker Brigade, Fort Wainwright, Alaska. He was injured Oct. 18 while standing in the hatch of a Stryker. The vehicle was struck by a blast inflicting multiple blast injuries on Makvandi.

Spc. Brent Whitten, 20, an infantryman, is assigned to the 4th Infantry Division, Fort Hood, Texas. He was struck Sept. 9 by an enemy combatant van. The Topeka, Kan., native sustained a fractured pelvis and burns to his face, arms and hands.

Pfc. Gustavo Guerrero, 19, is an infantryman assigned to the 101st Airborne Division, Fort Campbell, Ky. The Austin, Texas native was hit by a sniper while working security on a roof top. Guerrero sustained injuries to his chest.

Mini-rodeo

Continued from Page 1



(From left) John Bononzini, Hael Makki and Lupe Cevallos, Team Bank of America, barbecue hot dogs and hamburgers for the wounded Soldiers at the “Horses for Heroes” picnic Sunday.



Brienna Ehrig waves to her dad as she rides her horse during the “Horses for Heroes” activities hosted by the Fort Sam Houston Equestrian Center and Team Bank of America.



Photos by Esther Garcia

D.J. Musgrave, a volunteer for the Fort Sam Houston stables, leads Sgt. Maj. Mary Hayes’ horse during the barrel-racing competition.

Country superstar

Continued from Page 1

“He’s been a great supporter of the military and spends a lot of time overseas in Iraq and Afghanistan,” said Sgt. 1st Class Greg Stube, who was wounded in support of Operation Enduring Freedom. “I’ve always been a fan.”

Spc. Cara Richie, from Brooke Army Medical Center, said she wanted to ask the singer for a hug. “I’m excited about meeting him,” she said.

Command Sgt. Maj. Craig Layton, of Brooke Army Medical Center, had high praise for the singer, whom he was meeting with for the third time. “I escorted him in Kosovo and Landstuhl (Germany),” said Layton, who brought along a military coin for Keith. “I think this is great for the Soldiers.”

Keith greeted Layton like an old friend and told him a framed picture of the command sergeant major and Keith in Kosovo was hanging on his wall.

“Thank you for your service,” he told Layton, as he told each service member he met.

During the boot-scootin’ concert, a few lucky military fans made their way onstage to dance. “It was a lot of fun, especially going on the stage and dancing,” said Spc. Cassandra Buzian, from the Army Medical Department Center and School at Fort Sam Houston. “The ending was awesome. He ended with ‘American Soldier’ and ‘Red, White and Blue.’ I had a great time.”

Keith’s outspoken support of the military reached a pinnacle with the chart-topping “Courtesy of the Red, White and Blue (The Angry American),” a song that became a rallying call for many Americans

after Sept. 11, 2001. His support has also led him on 60-plus United Services Organization shows in Iraq, Afghanistan and Germany.

“They (military members) thank me for what I do; I thank them for what they do,” Keith said. “I’m proud of their service.”



Photo by Spc. Tim Luukkonen

Country music superstar Toby Keith performs for 14,000 Texas Ford truck owners and about 500 service members Sunday at the AT&T Center in downtown San Antonio.



Photo by Spc. Tim Luukkonen

Toby Keith met with a group of wounded warriors recovering at Brooke Army Medical Center before he rocked the house with his “Toby Keith’s Hookin’ Up and Hangin’ Out Tour,” sponsored by Ford Motor Company and Texas Ford dealers.



Photo by Cheryl Harrison

Command Sgt. Maj. Craig Layton, of Brooke Army Medical Center, thanks Toby Keith for his support of the military with a command sergeant major coin of excellence.

ACAP receives national award

The Association of Career Firms North America has honored the Army Career and Alumni Program with a 2006 Award for Excellence for Professionalism.

Jointly, the U.S. Army and Serco, Inc. were recognized as “one of the best examples of the power of public and private sector partnerships.” James T. Hoffman, director of the ACAP, and Steve A. Sultan, Serco’s ACAP program manager, were personally acknowledged for their close cooperation on behalf of the recipients of ACAP services.

ACAP is an extraordinary program of advanced technology and human intervention operating at 54 Army facilities across the United States as well as Korea, Germany and Italy.

Each year, more than 50 Department of the Army civilians, over 200 Serco counselors and scores of military and civilian support personnel worldwide provide extensive transition and employment assistance to thousands of separating

active and reserve component Soldiers, retiring Soldiers, Department of Defense civilians and family members.

In 2005, more than 91,000 clients received ACAP services and, since its inception in 1990, the program has served more than 1.5 million transitioning clients. In 2006, the Army opened an ACAP Center at Walter Reed Army Medical Center to meet the needs of the many wounded and injured Soldiers who receive treatment and rehabilitation services. Additionally, each ACAP Center works in close cooperation with local military treatment facilities to provide outreach services to injured and wounded Soldiers.

“This recent press release represents well-earned recognition for the many years of quality services provided at ACAP Centers around the world,” Hoffman said. “ACAP is unique in that it is a true partnership between the Army and private industry; however, the real key to ACAP’s success is not to be found at

“ACAP is unique in that it is a true partnership between the Army and private industry.”

James T. Hoffman
director of the ACAP

(Human Resource Command) or at Serco. Instead, this award recognizes the hundreds of dedicated government and contract professionals who serve the Army’s Soldiers, civilian employees and family members around the world. The plaque may be kept at HRC, but the honor belongs to you all. Congratulations for a job well done.”

The Fort Sam Houston ACAP Center is located in Building 2263, Room B099, on Stanley Road. The counselors provide transition and job assistance to military personnel from all branches, DoD civilian employees and family members preparing to leave federal service. Military personnel and family members who are separating

from active duty are eligible one year prior to separation. Those retiring from military service and their family members are encouraged to begin the transition process two years prior to their retirement date. All military personnel are required to receive pre-separation counseling no later than 90 days prior to separation or retirement.

“Everyone who is eligible is encouraged to start early to take maximum advantage of all the services,” said Russ Lane, transition services manager for the Fort Sam Houston ACAP Center.

For more information on ACAP, call 221-1213 or visit www.acap.army.mil. (Source: ACAP)

More spouses to receive education assistance

Headquarters, Army Emergency Relief is expanding the Stateside Spouse Education Assistance Program in the United States to include the spouses of retired Army Soldiers and the spouses of Soldiers who died while in retired status.

The Stateside SEAP is a need-based education assistance program for spouses of active duty and retired Army Soldiers and spouses of Army Soldiers who died while on active duty or in a retired status. The purpose of the program is to assist spouses in furthering their education so they have increased occupational opportunities.

Financial assistance is provided as a grant that is awarded based on financial need as evidenced by income, assets, family size, special financial obligations and circumstances. The maximum amount of assistance is \$2,700 for the upcoming 2007-2008 academic year.

The scholarships are awarded annually for up to four academic years to attend post-secondary school full time as undergraduate-level students. Second undergraduate or graduate-level courses are not included.

Title 10 Soldiers must provide a copy of mobilization orders placing the Soldier on active duty for the entire academic year.

People can download applications from AER’s Web Site at www.aerhq.org; at local AER sections; or upon written request from Army Emergency Relief, 200 Stovall Street, Alexandria, VA 22332.

The deadline for the upcoming academic year is March 1. Mailed applications and supporting documents must be received or postmarked by March 1 or earlier to be considered on time. For more information, visit the AER Web site, e-mail Diann Evans at diann@aerhq.org or call the AER Section at Fort Sam Houston at 221-1612.

(Source: AER)

Leftover lowdown

Tips for keeping Thanksgiving leftovers safe

For many people, Thanksgiving leftovers are even better than the Thanksgiving dinner itself. However, keep in mind that roasted turkey can harbor a great deal of bacteria, which can make people sick.

Refrigerate turkey as soon as possible. Most safety and health departments recommend following this simple formula: “2 hours/2 inches/4 days” for leftovers.

- **Two hours:** Move food from the oven to the feast to the refrigerator in two hours or less.
- **Two inches:** Store food at a shallow depth — about 2 inches — to speed chilling.
- **Four days:** Use leftovers from the refrigerator within four days, otherwise freeze it.

Leftover stuffing should be used within three days and leftover gravy within one to two days. For dressing and stuffing, reheat to 165 degrees Fahrenheit in a 325 to 350 degree Fahrenheit oven or on the stovetop. Sauces and gravy must be heated to a rolling boil. Turkey meat can be reheated in the oven to 165 degrees Fahrenheit or served cold.

Even though leftovers are refrigerated, they still have a limited shelf life of three to four days. When storing in a freezer, wrap items in heavy foil, freezer wrap or place in freezer container or freezer bags —



Courtesy photo

for optimum taste, use stuffing within one month and turkey within two months. Check the U.S. Department of Agriculture’s cold storage chart (http://www.fsis.usda.gov/Fact_Sheets/Basics_For_Handling_Food_Safely/index.asp) for optimum storage times for all foods.

Smell and appearance is not always an indicator that food is contaminated with bacteria. Bacteria, which most commonly cause disease, do not change the taste, smell or appearance of food. Remember, always wash hands before and after handling food. For more information, visit www.fsis.usda.gov/Fact_Sheets/Basics_For_Handling_Food_Safely/index.asp. (Source: Food Safety and Inspection Service)



Photo by Esther Garcia

Sweets for the sweet tooth

Judith Markelz (second from left), coordinator, Soldier and Family Assistance Center, and Jan Paprskar (second from right), volunteer for the SFAC, sample cookies donated to the SFAC by members of Team Bank of America, (from left) Denise Brooks, Karen Wiles, C.C. Caroll and Kirk Frady. Team Bank of America is an organization within Bank of America that supports the community. “It is our way of saying thank you to the military for all their sacrifices,” said Wiles.

Health benefits open season

The open season for the Federal Employees Health Benefits Program, Flexible Spending Accounts and the new Federal Employees Dental and Vision Insurance Program will be held through Dec. 11. For comparison booklets, visit http://apps.opm.gov/rates/non_postal.cfm?year=2007. To make open-season enrollments, changes or cancellations, visit the Army Benefits Center-Civilian Web site at <https://www.abc.army.mil> or call toll-free 1-877-276-9287.

CDC families thankful for little blessings

Story and photos by Cheryl Harrison
Fort Sam Houston Public Information Office

The Fort Sam Houston Child Development Center held a “Family Feast” celebration for Thanksgiving Nov. 16.

Special guests of the children enrolled in the CDC were invited to participate in a traditional Thanksgiving plethora of delicacies from the savory turkey and dressing to the climactic finale of pumpkin pie, all washed down with the old faithful beverage of milk. Moms, dads, even a grandma or grandpa or two, were on hand to share in the bountiful treats.

Many of the rooms were decorated in bright orange, red and brown leaves, turkeys and garland, adding an autumnal array of color to the tables, windows and walls. Adults, children and staff all appeared to have a wonderful time of thanksgiving.



Four-month-old Autumn Johnson shared some special moments with her parents, Sgt. 1st Class Yolanda Johnson and Arthur. Mom and dad were allowed to feast on whole food, not pureed turkey.



Two year-old helpers, Ethan Beruman (left) and Kobe Dozier, showed how “big” they are by setting plates on the table in preparation of the special turkey feast.

AFAP 2007: People invited to submit issues, concerns

People are invited to submit issues for inclusion in the 2007 Fort Sam Houston Army Family Action Plan conference, which will be held Feb. 21 and 22.

The AFAP process lets the Army family — Soldiers, Department of the Army civilians, retirees and their families — identify what is working and what is not working in their community and the Army world-wide to Army leadership. Issues can involve housing, childcare, recreational activities, post security or any other area of concern important to quality of life.

AFAP alerts commanders and Army leaders to areas of concern that need their attention and provides a mechanism for keeping the local community informed on the progress of the issues submitted.

The Army is the only branch of the Department of Defense that has such a

program. This process has resulted in the enhancement of local programs and quality of life, change in regulations and enactment of new legislation in support of military components.

Be a part of this important process. Submit issues to the 2007 Fort Sam Houston AFAP conference.

Additionally, people representing all facets of the Army community are needed as delegates for the conference. DA civilian employees, Soldiers’ spouses and retirees are welcome to apply. Soldier delegates will be identified by their units.

Delegates are required to participate in the entire two-day AFAP conference. For more information about the AFAP process or for a delegate application, call Chris Neubeck, AFAP program assistant, at 221-0275.

(Source: Army Community Service)

Fort Sam Houston Army Family Action Plan

2007 Community Forum – Procedure for submitting issue papers

Please use the following format when preparing your paper. You may submit as many issues as you like. Use a new form for each issue. Use the form below as a guide or as the actual form.

- Type or print clearly
- The document should be one page in length
- Review your issue paper. Will someone else understand what the problem is, whom it impacts and what you want done to fix it?

Make your voice heard – submit your issues by Jan. 8, 2007

ARMY FAMILY ACTION PLAN 2007 COMMUNITY FORUM ISSUE SUBMISSION FORM

Issue: (Summarize the problem/concern in a few words)

Scope: (Define the issue/problem/concern in paragraph form. State the impact and validate with facts. Include any regulations, laws or policies you are aware of that may impact the issue. Give enough information that the delegates will clearly understand the issue.)

Recommendations: (Tell us what you want to happen. Do not tell why, that is in the scope. Prioritize and number recommendations. Use strong descriptive verbs and end with a measurable outcome.)

Return completed issue submission form to ACS/AFAP, Bldg 2797, 2010 Stanley Road #95, Fort Sam Houston, TX 78234. Issues may also be submitted by e-mail to chris.neubeck@samhouston.army.mil. E-mail submissions should be in the above format.

Provide as much of the requested information as you can on your issue. We understand you may not be familiar with the format. We need enough clear information in each section to understand the problem, its impact, and what you want done about it.

Use a separate page for each issue. You may duplicate this format. Personal information is optional and will be used for administrative purposes only. It will allow us to contact you for clarification of the issue if necessary and provide feedback. Commanders or forum participants will not see it.

Issue Submitter’s Name: _____ Phone: _____
Address: _____ City: _____ Zip Code: _____
E-mail: _____

Boxing legend shows appreciation for wounded warriors

By Kelly M. Jones
Morale, Welfare and Recreation

Wounded warriors from the Soldier and Family Assistance Center met with boxing legend Evander Holyfield Nov. 6 at Red McCombs Superior in San Antonio.

Holyfield was in San Antonio for his fight billed as the “Final Chapter” against “Fast” Fres Oquendo.

Morale, Welfare and Recreation coordinated with Red McCombs Superior to arrange the visit, which included a poster of the fight, photos with Holyfield and tickets to the fight.

“We are both warriors in our own right. The difference between me and you is I’m a warrior in sport; you are warriors while serving our country. I don’t risk my life every day like you do, and I thank you all for that,” Holyfield said. “When you fight, it is life and death. You fight to protect our great country. So, tickets to the fight are a small thing, I know, but I am honored to meet you all and show you a little appreciation for what you do.”

Brig. Gen. Mark A. Graham, deputy commanding general of Fifth U.S. Army; Col. Wendy Martinson, U.S. Army Garrison commander, and more than 20 wounded warriors were in attendance at the Holyfield meet and greet.

Graham thanked everyone in attendance for the experience, and Red McCombs, M&M Sports and Real Deal Events for taking the time to recognize service members recovering from injuries sustained in Iraq and Afghanistan.

“On behalf of Red McCombs Superior, M&M Sports and Real Deal Events, we will be providing 50 tickets to the wounded warriors to attend the fight as Holyfield’s personal guests, as well as provide the fight free of charge on the Armed Forces Network to all of our service men and women overseas,” said Murad Muhammad, event coordinator of M&M Sports and Real Deal Events.

The boxing event and visit with the wounded warriors was a first for many of the injured service members.

“Being a Vietnam veteran and now an injured (Operations Iraqi and Enduring Freedom) veteran, a trip such as this and the support of Brooke Army Medical Center, SFAC community and MWR make my sacrifice worthwhile,” said Staff Sgt. Sterling Doucette.

“I appreciate the opportunity to attend a national sporting event with other injured Soldiers. The excitement of the evening and support of those who made this evening



Photo by Joseph Coelho
Boxing legend Evander Holyfield visits with Soldiers from the Soldier and Family Assistance Center Nov. 6 at Red McCombs Superior in San Antonio.

possible helped lift my spirits,” said 1st Lt. Jabari White.

Holyfield is a legendary four-time world heavyweight champion. He left the Alamodome as the first-ever five-time heavyweight champion and hero to the wounded warriors.

The Holyfield vs. Oquendo boxing event drew a crowd of more than 10,000.



Serve Your Country One Patient at a Time

210-692-7376

HEALTHCARE.GOARMY.COM



SPORTS BRIEFS . . .

Tough ‘Ombre 10K Run

The 26th annual Tough ‘Ombre 10K Run will be held Dec. 9 at 9 a.m. at McAllister Park, 13102 Jones-Maltsberger Road in San Antonio. The Tough ‘Ombre 10K is the oldest certified race in Texas. All registrants will receive a T-shirt. The fees are \$20 for 10K, \$15 for 5K and \$10 for 3K. The four-person team for the 10K is \$70. For more information, call Cheryn at 830-336-4543, e-mail cheryn@gvtc.com or visit www.active.com to register online.

Basketball players needed

The Fort Sam Houston men’s basketball

team is in need of players. For more information, call 221-1180.

Basketball coach needed

The Fort Sam Houston women’s basketball team is in need of a coach. For more information, call Earl Young at 221-1180.

Intramural bowling

Letters of intent for intramural bowling are due by Dec. 5. Letters should be mailed to Earl Young at 1212 Stanley Road, Suite 20, Fort Sam Houston, Texas, 78234-5020, or e-mail earl.young@samhouston.army.mil. A coaches meeting will be held Dec. 12 at 1 p.m. at the Fort Sam Houston Bowling Center. The season begins Jan. 9. For more information, call 221-1180 or 221-1234.

Décor of the month

Along with a November Yard of the Month, Lincoln Military Housing will judge homes for Fall Décor of the Month. The winning residents will receive a \$50 gift certificate for Home Depot. The four winners will be notified by Dec. 5. Neighborhood mayors and residents are encouraged to make recommendations. Nominations may be submitted in person at the Family Housing Office or via e-mail to questions@samhoustonlpc.com.

The Spurs who were practicing for the match stopped to applaud the wounded warriors. Fans gave the group a standing ovation. The game ended with the Spurs digging into the Bulls with a 100 to 83 victory.



BAMC Night at the Spurs



Photos by Nelia Schrum

Wounded warriors representing Brooke Army Medical Center presented the game ball for the Nov. 10 face off between the Spurs and the Chicago Bulls. Corp. Merlin German handed the ball to the referee flanked by BAMC Commander Brig. Gen. James Gilman and his fellow wounded warriors.

Fort Sam Houston Independent School District

Weekly Calendar – Monday to Dec. 2

Fort Sam Houston Elementary School

Wednesday

Early dismissal
Pre-kindergarten through fourth grade, 2 p.m.
Fifth and sixth grade, 2:30 p.m.

Nov. 30

FSHISD school board meeting in Professional Development Center, 11 a.m.

Dec. 1

Spirit day

Robert G. Cole Jr./Sr. High School

Monday

ATSSB region auditions at La Vernia, TBA

Tuesday

Girls' basketball at Pearsall, 5 and 6:30 p.m.
Boys' basketball vs. Devine at Cole, 6 and 7:30 p.m.

Nov. 30

FSHISD school board meeting in Professional Development Center, 11 a.m.

Girls' varsity basketball tourney at Hondo, TBA

Boys' soccer tournament at St. Anthony, TBA

Dec. 1

Pep rally

Girls' powder puff football game
Holiday concert at Evans Auditorium, 7 p.m.

Boys' varsity basketball tourney at Hondo, TBA

Boys' soccer tournament at St. Anthony, TBA

Dec. 2

Boys' varsity basketball tourney at Hondo, TBA

Intermediate and varsity band concert at FSH Commissary, 11 a.m. to 4 p.m.

Girls' varsity basketball tourney at Hondo, TBA

Boys' soccer tournament at St. Anthony, TBA

Cultural visit excites Fort Sam children about opera

The Fort Worth Opera Studio touring company visited Fort Sam Houston Elementary School Nov. 9. The six-person ensemble performed the children's opera "Jack and the Beanstalk" in English.

The opera adaptation combined the well-known fairy tale with music from Gounod's famous opera "Faust." Jack, his mother, a crazy old lady, a giant, the giant's wife and a magical fairy told the story of the magic beans and the beanstalk, as well as greed and forgiveness. The opera was adapted by Denise Page Caraher.

Children in the audience were taught appropriate audience behav-

ior for opera performances by the "maestro or accompanist." The children were shown how applause and the use of "bravo" signifies approval and praise. Of course, applause and bravo signs held by the characters helped comprehension and response.

Individual solos were perfectly performed by each character; beautiful duets, trios and quartets were rendered during the presentation.

Staging, blocking and scenery were well-orchestrated. Costuming was exquisite and well-maintained. The costumes suited the characters perfectly. The most extreme costume was that of the giant.

"The most exciting part of the

opera was when the huge giant jumped off the stage into the audience, singing loudly and smelling the Englishmen," said fifth grader Malik Robinson.

"Everyone screamed and squealed!" said Taqueria Weary, a fifth grade student.

Students were given pre- and post-opera activities to integrate opera into the students' existing curriculum. A question and answer session followed the musical performance. This was an unforgettable cultural experience for the students of FSH Elementary.

(Source: Fort Sam Houston Elementary School)

Holiday band concert

The Robert G. Cole High School varsity band and choir will sponsor a holiday concert Dec. 2 from 11 a.m. to 2 p.m. at the Fort Sam Houston Commissary.

School board meeting

The Fort Sam Houston Independent School District Board of Trustees will meet for a regular meeting Nov. 30 at 11 a.m. at the FSHISD Professional Development Center, 1908 Winans Road.

RELIGIOUS HAPPENINGS . . .

Catholic religious education registration

Registration for Catholic religious education for first holy communion and confirmation classes is now in progress. To enroll a child or for more information, call Brian Merry at 221-5006 or e-mail brian.merry@sam-houston.army.mil.

Catholic Women of the Chapel

The Catholic Women of the Chapel meet Fridays at 9 a.m. for fellowship and enrichment studies. Childcare is provided. For more information, call Kate Schupbach at 212-7842.

Protestant Women of the Chapel

The Protestant Women of the Chapel meet Wednesdays from 9:30 to 11:30 a.m. and Thursdays from 6:30 to 7:30 p.m at the Dodd Field Chapel.

Childcare is provided for up to age 5. Visitors are welcome. For more information, call Lois Griffith at 226-1295 or visit www.samhouston.army.mil/chaplain/pwoc.

Fall Bible studies for OCF

The Fort Sam Houston Officers’ Christian Fellowship will host Bible studies Dec. 3 and 17 from 6 to 7:30 p.m. at 1008 Gorgas Circle, Fort Sam Houston, followed by dessert. For more information, call Lt. Col. Bob Griffith at 221-6740 or 385-8451 or e-mail robert.griffith1@amedd.army.mil.

Musician, choir director needed

The U.S. Army Contracting Agency, Southern Region Contracting Center –West is soliciting a musician and choir director for the 8 a.m. Catholic service at the Army Medical Department Regimental Chapel. For more information or to obtain a copy of the solicitation, call Christina Sylvester at 221-5367.



Photo by Olivia Mendoza

Health care choices

Betty Suggs, PacifiCare representative, hands health insurance information to Jeff Webber and Carol Emley, from the Internal Revenue Office at Fort Sam Houston, Nov. 15 during the Health Benefits Fair at the San Antonio Credit Union. The fair, sponsored by the Civilian Personnel Advisory Center, is designed to help civilian employees make smart choices about health and dental benefits. The open season for the Federal Employees Health Benefits Program, Flexible Spending Accounts and Federal Employees Dental and Vision Insurance Program runs through Dec. 11. To make open-season enrollments, changes or cancellations, visit the Army Benefits Center-Civilian Web site at <https://www.abc.army.mil> or call toll-free 1-877-276-9287.

Post Worship Schedule

Main Post Chapel, Building 2200, 221-2754
Catholic Services:
4:45 to 5:15 p.m. - Confessions - Saturdays
5:30 p.m. - Mass - Saturdays
9:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - weekdays
Protestant Services - Sundays:
8 a.m. - Traditional Protestant
11 a.m. - Traditional Protestant
Jewish Services: 379-8666 or 493-6660
8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432
Catholic Service: 12:30 p.m. - Mass - Sundays
Protestant Services:
10:30 a.m. - Collective Gospel Protestant - Sundays
9:30 to 11:30 a.m. - Women’s Bible Study (PWOC) - Wednesdays, child care is provided.
Samoan Protestant Service: 8:30 a.m. - Sundays

Brooke Army Medical Center Chapel, Building 3600, 916-1105
Catholic Services:
8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays
11 a.m. - Mass - weekdays
Protestant Services:
10 a.m. - Worship Service - Sundays
12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362
Catholic Mass: 8 a.m. - Sundays
Protestant Service: 9 a.m. - Sundays
Christian education: 10 a.m. -Sundays
Gospel Service: 11 a.m. - Sundays

Church of Jesus Christ of Latter Day Saints:
9:30 a.m. - Sundays at Evans Auditorium

FSH Mosque, Building 607A, 221-5005 or 221-5007
10:30 a.m. - Children’s Religious Education - Sundays
1:30 p.m. - Jumma - Fridays
7:30 p.m. - Adult Religious Education - Thursdays

Installation Chaplain’s Office, Building 2530, 295-2096
Contemporary service: 11:01 a.m. - Sundays

Web site: www.samhouston.army.mil/chaplain

Kim Sullivan and her children, 13-year-old Brendan, 7-year-old Kayley and 6-year-old Brett, show their support by hanging a holiday wreath with a "Support our Troops" flag on their front door. The Sullivan family will spend the holidays without husband and dad, Sgt. 1st Class Kent Sullivan, who is deployed to Iraq.



Photo by Cheryl Harrison

Don't be blue

Soldiers, families brave holiday season without loved ones

By Elaine Wilson

Fort Sam Houston Public Information Office

While a time of good tidings for many, for others, the blitz of holiday cheer that starts bombarding the public shortly after Halloween can lead to a serious case of the blues, particularly for people separated from family and friends.

At Fort Sam Houston alone, more than a thousand Soldiers in training will be away from home on Thanksgiving. And, military-wide, more than 150,000 deployed service members will brave the holidays in combat zones without their family and friends.

"We have a lot of Soldiers separated from families here; a lot deployed to Iraq," said Chaplain (Maj.) Jonathan Etterbeek, of the 32nd Medical Brigade. "It's important for Soldiers to realize that what they're doing is worthwhile. They are serving something bigger than themselves, and that gives meaning to the sacrifices they're making."

Although a worthy sacrifice, when separated from loved ones, the barrage of cozy family images blasting out from every TV and radio station can evoke the holiday blues in even the most resilient of Soldiers.

This year will mark Pvt. Jesus Rodriguez's first Thanksgiving away from home. His hometown of McAllen, Texas, is just 300 miles away from Fort Sam Houston, but it might as well be thousands.

"I won't be home this year. We normally have all of our family and extended family over," said Rodriguez, a trainee from B Company, 264th Medical Battalion. "They'll have fun without me, but I wish I was going to

be there. It's kind of depressing."

The best bet for people like Rodriguez, who are separated from loved ones over the holidays, is to rely on others, Etterbeek said. "Don't isolate yourself. Make a connection with others. The Army family is a great place to start. It's comforting to realize other people are going through the same sacrifices."

Phone calls and e-mails are also useful tools, "but the best forms of communication are letters and cards," the chaplain said. "You can pick them up, read and re-read again."

Additionally, people should be on the look out for signs of depression in their friends both during and after the holiday season, particularly if they are isolating themselves, giving away possessions or mentioning suicide. In that case, "the best thing a friend can do is talk to them, find out what is going on," Etterbeek said. "Let them know there are people out there, like chaplains and counselors, who can help them through a tough time."

Even when surrounded by friends and family, the holidays can be equally tough when a loved one is deployed. The pain of separation, in those cases, is exacerbated by concern for the service member, often deployed to unstable places like Iraq or Afghanistan.

On his first deployment after 16 years of service, Sgt. 1st Class Kent Sullivan will be weathering the holidays in Iraq. Despite pressure from family, his wife, Kim, is determined to keep their traditions alive. Like every other year in their marriage, she's planning a home-cooked Thanksgiving feast for her three children and friends, as well as a single Soldier from her husband's office.

"My family (in Oregon) invited us to come there for

the holidays," said Kim, a school nurse at Green Valley Elementary School in Schertz, Texas. "But if Kent was here, we would spend the holidays at home, and I want to maintain our family traditions."

"We all miss him," she said. "But the holidays are no different than any other day. It's hard no matter what day it is."

She said she finds it useful to dwell on the positive. "It's important to express your emotions, but don't dwell on it. I tell my kids, 'It's OK to miss dad,' but then remind them that it won't be forever. He'll be coming home soon."

In the meantime, Kim is focused on making the holidays brighter for Kent and his comrades overseas. Kim, and her mother in Oregon, are both stocking up items for care packages for Kent and the 15 Soldiers assigned to his platoon.

Her selflessness is right on track. The best way to overcome loneliness or the blues, whether a family left behind or a single Soldier in training, is to serve others, Etterbeek said.

"In giving, we really receive," he said. "Serve food to the homeless or give to Toys for Tots. I've served food to homeless vets on Thanksgiving with Soldiers, and they got more out of it than the people who were served. The best way to serve God is to serve others."

"There's a big difference between being alone and being lonely," he added. "The best way to stop being lonely is to connect to others. Realize there are other people with pain and other people overcoming that pain."

"Whether alone or with family, you can make the holiday one you will never forget."



Photo by Elaine Wilson

Spc. Cassandra Buzian, of B Company, 187th Medical Battalion, is one of thousands of Soldiers throughout the Army who won't be home for the Thanksgiving holiday. Care packages, letters and cards can offer a cheerful reminder of home.

Home cookin' away from home

To help ease the holiday blues for trainees, the post has invited the San Antonio community to give 32nd Medical Brigade Soldiers a taste of home on Thanksgiving. More than a thousand Soldiers will be paired up with families through the "Mission Thanksgiving" program and treated to a home-cooked meal.

"A lot of Soldiers don't look forward to going to someone's house for Thanksgiving, but they end up having a great time," said Chaplain (Maj.) Jonathan Etterbeek, of the 32nd Medical Brigade. "The experience gives them a sense of purpose again, a piece of home, so they can see the way of life they are defending."

In turn, "it's also a way for the community to show its great appreciation for the Soldiers."

About 300 other Soldiers will be treated to a Thanksgiving feast at "Mission Valero," sponsored by the Valero Energy Corporation. And, for those who want to stay closer to "home," Fort Sam Houston's leaders will be serving Thanksgiving dinner at post dining facilities in their dress uniform.

"It's a way for leaders to share in and appreciate Soldiers' sacrifices," Etterbeek said.

To sign up for Mission Thanksgiving, call 221-4362 or 221-3390. The Rocco Dining Facility will serve its Thanksgiving meal Thursday from 12 to 2 p.m. For dining facility hours and menu, call 221-3608.

Blues breakers

To help prevent holiday blues, follow these tips from the Centers for Disease Control and Prevention, the American Psychological Association, the National Mental Health Association and the Mental Health Association of Colorado:

- Establish realistic goals and expectations for the holiday season, and do not label the holiday season as a time to cure all past problems. The holidays do not prevent sadness or loneliness.
- Limit drinking.
- Do not feel obliged to feel festive. Accept your inner experience and do not force yourself to express specific feelings. If you have recently experienced a tragedy, death or romantic break-up, tell people about your needs.
- To relieve holiday stress, know your spending limit and stick to it. Enjoy holiday activities that are free, such as a drive to look at holiday decorations. Go window shopping without buying anything.
- Express your feelings to those around you in a constructive, honest and open way. If you need to confront someone with a problem, begin your sentences with "I feel."

MWR information hotline

Access information about MWR events, activities and programs 24 hours a day. Go to www.fortsam-houstonmwr.com or call the MWR information hotline at 295-3697.

COMMUNITY RECREATION

Post garage sale

The next post garage sale will be held in conjunction with Christmas Along the Corridor – Pony Express Dec. 2 from 10 a.m. to 4 p.m. in the MacArthur Pavilion parking lot. Participation is free, but sellers must pre-register by calling 221-2523 or 221-2601. A valid Department of Defense ID card is required to participate. Participants must bring their own tables to the event or can rent them from the Outdoor Equipment Center by calling 221-5225.

DINING AND ENTERTAINMENT

Sam Houston Club, 224-2721

Thanksgiving Day buffet

The Sam Houston Club will offer a Thanksgiving Day buffet Thursday from 11 a.m. to 2:30 p.m. Feast on an assortment of menu items to include a traditional holiday meal. Menu selections include Virginia baked ham, sliced roasted turkey, San Antonio chipotle, gourmet mashed potatoes, macaroni and cheese, green bean casserole, candied yams, lemon meringue, pecan pie, apple pie and more. A special treat every year is Ms. Barbara’s homemade cranberry sauce. The cost is \$15.95 for members, \$17.95 for nonmembers and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. Seating is limited and reservations are recommended. To make reservations or for more information, call 224-2721.

Club closed Mondays

The Sam Houston Club is no longer open for normal operations Mondays. The “All-You-Can-Eat” lunch buffet is Tuesday through Friday from 11 a.m. to 1 p.m. MWR apologizes for any inconvenience this

may cause to valued patrons. For more information, call James Lancaster at 224-2721.

Big Bucks Bingo

A prize of \$10,300 is for the taking in Big Bucks Bingo Dec. 2 at the Sam Houston Club. Early bird start is at 10:30 a.m. Buy packs early to be eligible for door prizes. For more information, call 224-2721.

Golf Club, 221-4388

Golf Pro Shop holiday sale

Visit the Fort Sam Houston Golf Club Friday through Dec. 24 for the annual Pro Shop holiday sale. Get up to 15 percent discounts on select items, and a 5 percent discount on all special orders. For more information, call 222-9386.

Warriors scramble golf tournament

Register up to four players to participate in the Warriors monthly scramble held the first Wednesday of each month at the Fort Sam Houston Golf Club. The next tournament is Dec. 6. Shotgun start time is at 1:30 p.m. The entry fee is \$20 per person and includes cart rental, prizes and social following the scramble. Participants must be in an authorized pass or leave status. Register at the Golf Club’s Pro Shop. For more information, call 222-9386.

Play prohibited on Salado Course

Play is prohibited on the Salado Course at the Fort Sam Houston Golf Course until the conclusion of the growth season, which will facilitate the healthy growth of the greens and tees. People who violate this directive will be subject to having playing privileges revoked. The course is expected to open in Jan. 2007; however, people should wait until an official announcement is made concerning the opening of the Salado Course. The golf course staff apologizes for any inconvenience this causes to valued patrons. Golf patrons are welcome to utilize the Lomas Course until the reopening of Salado. For more information, call 221-5863.

Harlequin Dinner Theatre, 222-9694

“Season’s Greetings,” a comedy by Alan Ayckbourn, will be performed at the Harlequin Dinner Theatre through Dec. 16. Performance tickets are \$24.95 Wednesdays and Thursdays and \$27.95 Fridays and Saturdays. Doors open for salad bar and

cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. The theater is handicap accessible. For more information or to make reservations, call 222-9694.

MWR ticket office, 226-1663

Tickets are on sale at the MWR Ticket Office, located inside the Sam Houston Club, for popular local attractions and events as well as for out-of-state theme parks. The MWR Ticket Office is open Tuesdays through Fridays from 10 a.m. to 5 p.m. The office is closed Saturdays, Sundays and Mondays. For more information, call 226-1663.

Coushatta Casino Resort trip

Sign up by Tuesday for a trip sponsored by the MWR Ticket Office and the Sam Houston Club to Coushatta Casino Resort in Kinder, La. The bus will depart the Sam Houston Club Dec. 5 at 7 a.m. and return Dec. 6 at 10 p.m. The cost is \$49 per person and includes roundtrip motorcoach transportation, overnight hotel accommodations, continental breakfast at the hotel and one \$23 coupon from the casino. Participants must be at least 21 years old and possess a valid photo ID at all times. Make reservations at the ticket office. For more information, call 226-1663 or 224-2721.

Customer Interest Survey

In an effort to gather information on the interests of the Fort Sam Houston community, the Sam Houston Club needs your help. Please answer the following questions and mail to MWR Marketing, 1212 Stanley Road, Suite 20, Fort Sam Houston, TX. 78234, fax to 221-2890, or return to the Sam Houston Club by Dec. 8.

1. What type of food do you eat the most?
__ Italian __ Mexican __American
__ Chinese __Other (Please specify)
2. How often do you and your family eat out for lunch?
__Every day __Once a week __Once a month __Rarely __Never
3. How often do you and your family eat out for dinner?
__Every day __Once a week __Once a month __Rarely __Never
4. What factor most determines the establishment you choose to eat at?
__Prices __Variety of menu items __Distance from home/work
__Quality of customer service __Recommendation/reputation
5. How do you rate potential plans for the Sam Houston Club to revamp its current menu structure to serve primarily Mexican food?
__Excellent __Good __Average __Fair __Poor
6. How do you rate potential plans for the Sam Houston Club to revamp its current menu structure to serve primarily salads, panini and hot and cold sandwiches?
__Excellent __Good __Average __Fair __Poor
7. On average, how often do you eat at off-post Mexican food restaurants?
__Every day __Once a week __Once a month __Rarely __Never
8. On average, how often do you eat out at off-post deli-style restaurants?
__Every day __Once a week __Once a month __Rarely __Never
9. On average, how often do you eat at the Sam Houston Club?
__Every day __Once a week __Once a month __Rarely __Never
10. Which local Mexican food establishments do you frequent most often?
__Chili’s __Taco Cabana __ Tomatillos __Other (Please specify)

11. Additional comments: _____

Thank you!

‘Love and laughter’ at Sam Houston Club

Tony Terry, a Grammy award winning rhythm and blues singer, will appear with comedian Kevin Anthony Nov. 29 at the Sam Houston Club as part of their Love and Laughter Christmas Tour. Tickets are on sale at the MWR Ticket Office. The show begins at 7 p.m.; doors open at 6 p.m. The cost is \$10 for tickets purchased in advance and \$12 at the door; sports attire not permitted. The content is not appropriate for individuals under 18 years old. For more information, call 226-1663 or 224-2721.

CHILD AND YOUTH SERVICES

‘Start Smart’

Parents with children enrolled in the Fort Sam Houston Child Development Center have an opportunity to help their children develop sports skills through a program called “Start Smart.” Parents learn how to properly teach their children basic motor skills, such as throwing, catching, kicking and batting; skills needed to participate in sports. Sessions are six weeks and are held Mondays through Fridays from 8:30 to 11:30 a.m. year-round. For more information or for class dates, call Jill Marcott, Lisa Schott or Yolanda Crowley at 221-5013 or 221-5002.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council meets the third Tuesday of the month from 11:30 a.m. to 12:30 p.m. at the Child Development Center. All CYS patrons are encouraged to attend. This is an opportunity to meet staff and learn of upcoming events and parent education opportunities. Lunch is provided.

Before- and after- school program

Register youth for the before- and after-school program for middle school and open recreation. Participants must have a Child and Youth Services membership. To register for membership, patrons will need to provide a leave and earnings statement or W-2 form, two local emergency designees, \$18 registration fee and youth’s Social Security number.

Pre-k before- and after-school care

The Child Development Center offers before- and after-school care for the Fort Sam Houston Elementary pre-kindergarten program. Children must be enrolled in the elementary pre-k program. Patrons must be registered with Child and Youth Services. Spaces are limited. For more information, call Central Registration at 221-4871 or 221-1723.

Hourly childcare

Child and Youth Services provides hourly care for patrons seeking intermittent childcare. Patrons must be registered with CYS. Care is

based on availability and must be reserved in advance. For more information, call Central Registration at 221-4871 or 221-1723.

Headstart seeks applicants

Parent Child Incorporated is seeking applicants for the Headstart program. This is a free childcare program designed to help Soldiers, E-5 and below, and low income Department of Defense civilian employees. Applicants must meet federal guidelines, and entry is based on annual income. For more information, call 221-3788.

Basketball coach needed

The sports program is seeking volunteers to coach basketball. Those interested must consent and clear a background check. For more information, call Central Registration at 221-4871 or 221-5513.

Basketball registration

Basketball registration is ongoing from 9 a.m. to 2 p.m. at the Youth Center. Participants must be registered with Child

and Youth Services. To register, patrons must bring a current leave and earnings statement or W-2 form, current shots for kindergarten through fifth grade, a sport physical within the last year, two local emergency designees, \$18 registration fee and activity fee.

Care packages for Soldiers

The Youth Services Middle School Teen program is accepting donations for a community service project. The youth will prepare care packages to send to Soldiers overseas. Donations can be made at the Youth Center, Building 1630, Mondays through Fridays from 10 a.m. to 8 p.m. and Saturdays from 3 to 10 p.m. A list of suggested items is available at the Youth Center. Suggested donation items include: granola bars, cereal in single-size servings, personal hygiene articles, individual-size servings of soups and entrée pop-top cans, travel-size games, DVD movies and pens and paper. For more information, call the Youth Center at 221-3502.

Events

Free holiday messages

The Stars and Stripes newspaper will offer a free holiday message posting service through Dec. 1 for service members and families separated during the holidays. Messages will be published in the Dec. 16 editions of the Stars and Stripes — Europe, Pacific and Middle East. Submit early; messages are selected on a “first-come, first-served” basis. People can view posted messages beginning Dec. 16. Stars and Stripes can only publish messages received online and in English. To send a free message, visit www.estripes.com and click on the “holiday messages” button.

USO Thanksgiving meal

United Services Organization downtown will host a Thanksgiving meal for military and their families on Thanksgiving Day from 11:30 a.m. to 2:30 p.m. at the downtown community center, 420 E. Commerce St. All military are invited to share this joyous event with their USO family and volunteers. The Boudro’s on the Riverwalk will provide the meals and H.E.B. will provide the pastries. For more information or to attend, call Julie Nichols at 227-9373, ext. 12.

World War II re-enactment

The National Museum of the Pacific War will re-enact the World War II assault on the Pacific Islands Friday and Saturday at 10:30 a.m.; 12:30, 2:30 and 4 p.m. in the Pacific Combat Zone, located two blocks northeast of the museum complex on East Austin Street, between Elk and Lee streets, in Fredericksburg, Texas. Visitors can follow a Pacific War battlefield re-enactment and experience an exciting combined arms attack on a Japanese pillbox.

Pandemic influenza

The Cody Branch Public Library will host a seminar on pandemic influenza Tuesday from 7 to 8 p.m. at 11530 Vance Jackson Road. The guest speaker, Tracy Brown of the San Antonio Metro Health Department, will give advice on how people can protect themselves and their family from the flu. The event is free and open to the public. For more information, call 696-6396.

Trinity Christmas Concert

Trinity University’s annual Christmas Concert will be held Dec. 1 at 8 p.m. in Trinity’s Laurie Auditorium. The concert will feature members of the Trinity Choir, the University Chorus, the Trinity Symphony Orchestra, the Symphonic Wind Ensemble and the Parker Handbell Choir. The concert is free and open to the public; no reservations or tickets are required. For more information, call the Trinity music department at 999-8212.

Boerne Christmas walk

The Randolph Roadrunners Volksmarch club will host a 5K and 10K walk Dec. 2 starting at the St. John Lutheran Church, 315 E. Rosewood Ave., in Boerne, Texas. For more information, call Ellen Ott at 525-8574, e-mail ellenott@sbcglobal.net or visit www.geocities.com/randolphroadrunners/.

Tree of Angels dedication

The San Antonio Victims Advocacy Council invites families and friends of victims and survivors of violent crime to the fourth annual Tree of Angels dedication Dec. 2 at 6 p.m. at the Madison Square Presbyterian Church, 319 Camden St. Bring an angel ornament to place on the tree. A reception will follow in the church hall. The event is free and open to the public. For more information, call Linda Miranda at 226-0303, ext. 229.

Cloverleaf Communicators Club

The Cloverleaf Communicators Club will host a Christmas celebration Dec. 7 from 11:45 a.m. to 1 p.m. at the Sam Houston Club’s sports bar. The club is open to military, civilians and family members interested in developing and enhancing their leadership and communications skills. The club meets

the first and third Thursday of every month from 11:45 a.m. to 1 p.m. in the San Antonio Credit Union conference room on Stanley Road. For more information, call Anthony Jones at 221-7835 or e-mail anthony.r.jones@us.army.mil; Deborah Bowman at 221-6517 or e-mail Deborah.Bowman@us.army.mil; or Mariea Shelton at 916-3406 or e-mail Mariea.Shelton@us.army.mil.

SA Symphony military discounts

The San Antonio Symphony 2006-2007 concert series consists of 12 classical concerts, six pops concerts and four special events. The concerts are held Fridays and Saturdays at 8 p.m. at the Majestic Theatre. Military discounts are available. For reservations, call Karen Cramer at 554-1000 or e-mail cramerk@sasymphony.org. For dates and feature artist, visit www.sasymphony.org.

Meetings

Warrant Officer Association meeting

The Lone Star Chapter of the U.S. Army Warrant Officer Association meets the third Monday of the month at 7 p.m. at the Veterans of Foreign Wars Post No. 8541, located at 2222 Austin Highway, between Perrin Beitel and Eisenhower roads. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call Bill Strout at 590-2642 or e-mail bstrout@texas.net, or Suzan Farrell at 378-0422 or e-mail suzan.farrell@us.army.mil.

SAMC study group

The Sergeant Audie Murphy Club, SMA Van Autreve Chapter, conducts a study group Tuesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in Building 1350 for Soldiers preparing for competition boards. For more information, call Master Sgt. Adrienne Berkley at 295-4545 or 737-4540 or e-mail Adrienne.Berkley@us.army.mil, or call Sgt. 1st Class Tiffany Reid at 295-4442 or e-mail Tiffany.reid@amedd.army.mil.

BAMC chess club

The Brooke Army Medical Center chess club meets Mondays from 4:30 to 7 p.m. in the BAMC Medical Mall. The club is open to military and their family members, civilians and patients; experience is not necessary. People can bring a chess set, or sets can be provided on site. For more information, call Sgt. Michael Veri at 557-2477 or e-mail michael.veri@cen.amedd.army.mil.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee’s recommendations to improve single Soldiers’ Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Mossaab Benhammou at 295-4014.

Training

NCOA Job Fair

The Non Commissioned Officers Association will host a National Job Fair Dec. 6 from 9 a.m. to 2:30 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road, Live Oak, Texas. Attendees should bring copies of their resume and be prepared to meet with local and national recruiters; more than 60 employers are expected. The event is free and open to the public. Dress appropriately; military uniform is acceptable. For more information, call Tony White at 653-6161, ext. 222 or visit www.militaryjob-world.com.

Guard seeks officer candidates

The Texas Army National Guard seeks officer candidates with prior enlisted military service to attend the state’s Officer

Candidate School. The OCS training program is between 12 and 18 months long. Candidates must have at least 60 credit hours toward a bachelor’s degree or higher, and have served in the Army, Navy, Air Force, Marine Corps or Coast Guard. Upon completion of OCS, candidates will be promoted to the rank of lieutenant and be eligible for a \$10,000 bonus. For more information, call Capt. Teri Bossard at 512-782-5547, e-mail Theresa.Bossard@us.army.mil or visit www.agd.state.tx.us/rr/OCS/.

Special Forces seeks applicants

The U.S. Army Special Forces invites male officers from “Year Group 04” to apply. Officer packets will be accepted through Feb. 15. Early submission is recommended. For more information, visit www.bragg.army.mil/specialforces.

Employment assistance for families

The Family Member Employment Readiness Assistance program offers standard job search assistance as well as career counseling for those contemplating a career change. The assistance program provides training in Microsoft software applications, administrative and clerical job skills, and one-on-one counseling tailored to the needs of the individual. For more information, call Gabriele Dias at 221-0516.

English as a Second Language

English as a Second Language classes are held Tuesdays and Thursdays from 6 to 8:30 p.m. at the Roadrunner Community Center, Building 2797. ESL classes are designed to help foreign-born spouses of military increase reading comprehension, vocabulary and pronunciation. Students will participate in beginners, intermediate and advance level classes with individualized group instruction. The ESL classes are sponsored by Region 20 Education Center and the Army Community Service Relocation Assistance Program. For more information, call 221-2418.

Undergraduate evening studies

A St. Mary’s University representative will be available for appointments Wednesdays and Thursdays from 9 a.m. to 4 p.m. at the Fort Sam Houston Education Office, Room 206. For more information, call 226-3360. For information on undergraduate admission to St. Mary’s, call the Office of Evening Studies at 436-3215 or e-mail evst@stmarytx.edu. For information on graduate admission, call 436-3214 or visit <http://www.stmarytx.edu/eveningstudies>.

Army ROTC Lateral Entry Program

The University of Illinois Army ROTC Lateral Entry Program is looking for individuals with prior military service or members of the National Guard or Reserve who wish to become officers. The Lateral Entry Program allows eligible students to contract into the ROTC as cadets when they are academic juniors, seniors or graduate students with four semesters of coursework remaining before graduation. For more information, call 877-863-4768, e-mail arotc@uiuc.edu or visit <http://www2.uiuc.edu/unit/armyrotc>.

Green to Gold program

The Army ROTC at the University of Illinois at Champaign-Urbana seeks talented enlisted Soldiers who want to earn bachelor’s degrees. Enlisted Soldiers with officer potential and with at least two years on active duty are eligible to participate and enroll in Army ROTC through the Green to Gold Program. For more information, call 877-863-4768, e-mail arotc@uiuc.edu or visit <http://www2.uiuc.edu/unit/armyrotc>.

Computer certification

St. Mary’s University and New Horizons Computer Learning Center will have a representative available to discuss computer certifications Tuesdays from 9 a.m. to 4 p.m. at the Fort Sam Houston Education Office, Room 206. For more information, call 226-3360 or visit <http://www.stmarytx.edu/con>

tinuingstudies/.

St. Mary’s University education office

A St. Mary’s University representative is available Mondays through Thursdays from 8:30 a.m. to 4 p.m. and Fridays from 8:30 a.m. to 12:30 p.m. in Building 2248, Room 206, to assist individuals interested in a master’s degree in teacher certification. For more information, call Iona Million at 226-3360.

Volunteer

Periodontics patients needed

The Periodontics Department at the MacKown Dental Clinic on Lackland Air Force Base seeks patients. Applicants must be a military retiree, a family member of a retiree or a family member of an active duty military member. Patients must obtain a written consult from their referring dentist and fax it to “Attention Periodontics” at 292-5193, or hand carry it to the clinic during normal business hours. For more information, call 292-4773 after 12 p.m.

Endodontics patients needed

The endodontics department at MacKown Dental Clinic on Lackland Air Force Base seeks patients who need root canal therapy. Applicants must be a military retiree, family member of a retiree or family member of active duty and recently diagnosed by a dentist as having an endodontic condition requiring root canal therapy. Patients should obtain a written consult from their referring dentist and fax it to 292-6431 or bring it the MacKown Dental Clinic during normal duty hours. For more information, call 292-7214.

Holiday ‘eCarePackages’

Adopt a service member or military family for the holidays by sending an “eCarePackage” online. “eCarePackage” is an extension of Operation Homefront, which is a national nonprofit organization that provides emergency support and morale to military troops. Visitors can select individual items to create a customized care package and a personal message for their chosen service member or family. To register, visit www.ecarepackage.org. For more information, call Meredith Leyva at 850-438-5710, e-mail cinc@cinchouse.com or visit www.operationhomefront.net.

Host families needed

The “SHARE!” High School Exchange Program seeks families to host six teens from China as foreign exchange students for the school spring semester. The students speak English and have medical insurance and a spending allowance. For more information, call Yvette Coffman at 800-941-3738 or visit ycoffman@sharesouthwest.org.

USO seeks volunteers

The United Services Organization Council of San Antonio has volunteer positions available in the downtown community center and the San Antonio airport. Volunteers in the downtown center will serve as greeters, servers and cooks, and volunteers at the airport will staff the reception center. For more information, call Luis Sandoval at 227-9373, ext. 11 or e-mail lsandoval@alamouso.org or Julie Nichols at 227-9373, ext.12 or e-mail jnichols@alamouso.org.

Girl Scouts need volunteers

Girl Scouts in the San Antonio area are looking for adult volunteers to become troop leaders, event planners and board members for the Cole service unit located on Fort Sam Houston. Volunteers are needed to help build girls with courage, confidence and character. People with a particular interest or talent could make a big difference in the life of a young girl. Volunteers do not have to have a daughter to help. For more information, call Sandi Juni at 257-9319 or Maria Forte at 221-6277.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort

Freebie, e-mail **news.leader@samhouston.army.mil** or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



For Sale: 2001 Ford F150 King Ranch Super Crew short bed, four-wheel drive, V8, automatic, power window and locks, leather seats with front seat heating, topper, bed liner, bug guard, window valances, lighted visor and running boards, home link, AM/FM, cassette and multi-CD, towing package, two-tone burgundy and gold, 93K, \$13,550. Call 557-4586.

For Sale: Car bra for a BMW Z4, fits model years 2003 to 2006, \$75 obo; soft-top assembly (covers the convertible top) for Mustang convertibles, fits model years 2002 to 2005, \$100; racquetball racket, \$15. Call Rita at 295-6231 or 512-589-7286.

For Sale: 1994 Plymouth Voyager van, quad seats, seven passenger, A/C front and rear, power windows and locks, V6, 138K miles, in good

condition, \$2,890. Call 490-8786.

For Sale: GE space saver digital microwave, black, mounts over stove, no scratches or dents, in good condition, \$75 obo. Call 590-4854.

For Sale: Saint Bernard puppies, AKC registered. Call 661-6944.

For Sale: Computer desk with lock, key-board area, in good condition, \$100; free sofa to family in need, clean and in good condition. Call 656-6772.

For Sale: 2002 Westwind 26-foot travel trailer, sleeps six to eight people, in good condition, \$11,000; 1-year-old female collie mix and 5-year-old female Malamute mix, spayed, both dogs have current shots, free to good home. Call 830-779-2179.

For Sale: Dollhouse on wheels, 5 feet,

doors open in back to divide house in three sections, white with black trim, colonial style, \$100; card table with four chairs, \$15. Call 260-3975.

For Sale: Frigidaire washer and dryer, in good condition, \$300. Call John at 286-0842.

For Sale: Brahma truck shell with rack, \$250 obo. Call 566-1638.

For Sale: Jeep double stroller with side pockets, cup holder and driving accessory, like new, \$75; single stroller, \$20; Eddie Bauer pack and play with nightlight changing table, \$80; walker, farm theme, saucer, \$5; infant clothes for boys and girls, many sizes. Call 826-3791.

For Sale: Panasonic color TV, 36 inches, in good condition, \$300; Singer portable sewing machine with carrying case, recently

serviced, \$60. Call 673-9649.

For Sale: Portable bar on wheels, 5 feet, two shelves inside, curved, black top, \$25; four Rhino propane tanks, empty, \$6 each; girl's 24-inch, 15-speed bike, teal color, \$20. Call 260-3975.

For Sale: Girl's 24-inch mountain bike, \$50; JVC surround sound system with five speakers, DVD, VCR, \$100; dog shelter, wooden with cover, sturdy, \$200. Call 265-9631.

For Sale: Fiberglass wide bottom canoe, 14-feet, seats three, cooler, bait bucket, three paddles and tie down kit, \$225; Littman Cardio III stethoscope, in good condition, \$75. Call 722-2059.

For Sale: Littman Master Cardiologist stethoscope, brand new in box, \$100. Call 326-3565.